



A MINUTE OF HEALTH WITH CDC

Young and Active

Disparities in Adolescent Residence in Neighborhoods Supportive of Physical Activity — United States 2011-2012

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Regular physical activity is essential, but it's especially important that young people develop good exercise habits early. Unfortunately, only one in four U.S. high-school students get the recommended one hour of physical activity each day. Some kids prefer to stay inside with technology; others live in neighborhoods where recreation facilities are unsafe or unavailable. Parents: Work with neighbors and local officials to ensure young people have adequate places for physical activity. Also, encourage kids to participate in sports and other activities where they can be regularly active.

Thank you for joining us on a Minute of Health with CDC.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.